

## GOLF SWING TRAINING APPARATUS AND METHOD OF USING THE SAME

### ABSTRACT OF THE DISCLOSURE

[0113] A golf swing training apparatus having a shaft with a longitudinal axis, a clubhead end, and a grip end; a split-handled grip affixed to the grip end which includes a fixed upper grip  
5 portion with an upper end and a lower end, and a slidable lower grip portion having an upper end and a lower end. The fixed upper grip portion is for holding with the non-dominant hand in the golf swing and the slidable lower grip portion is adapted for gripping with the dominant hand. A weighted mass is attached to the clubhead end of the shaft. A primary housing is affixed to the shaft between the grip and the mass on the clubhead end and includes at least one throughhole for  
10 removable insertion of either light emitting means or a swing weight. A first light emitting means is removably inserted into one of the throughholes in the primary housing for directing a first beam of light downwardly and parallel to the shaft. A secondary housing is removably attached to the primary housing and includes a throughhole in which second light emitting means is removably inserted, for directing a second beam of light upwardly and parallel to the shaft. A spring or other  
15 biasing means is interposed between the slidable lower grip the primary housing.